
Health and Safety Plan

Stehekin and Newhalem Firing Range Sites North Cascades National Park Complex

P13PD01436

Prepared for:

**North Cascades National Park Complex
810 State Route 20
Sedro-Woolley, WA 98284**

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Figure 1 – Stehekin Emergency Route to Hospital (located at back of document)

Figure 2 – Newhalem Emergency Route to Hospital (located at back of document)

Appendix A

Emergency Contact Phone Numbers

1.0 INTRODUCTION

This Health and Safety Plan (HASP) is intended to protect all employees, general contractors, subcontractors, and/or visitors conducting or observing any activities for an Engineering Evaluation/Cost Analysis (EE/CA) at the Stehekin and Newhalem Firing Range Sites located in North Cascades National Park (Sites). This HASP is intended to apply to activities taking place at the Site and covers investigational activities. The HASP is intended to minimize potential exposures and/or accidents that may occur, and details the actions to be taken during an emergency. The HASP will establish required procedures intended to minimize exposures of Site personnel, contractors, visitors and the surrounding community. Guidelines contained herein that are appropriate to the activities taking place at the Sites will be observed at all times.

All personnel will be required to understand and observe the provisions of this HASP. Any tasks associated with investigation or remediation activities on the Site must be performed in accordance with this HASP, which is designed to ensure that employees are adequately protected from any potential chemical and/or physical hazards present at the Site. To help ensure safety compliance, all field participants and observers must read this HASP and sign a certification stating that they agree to comply with the conditions of the HASP. All activities conducted will be in accordance with 29 CFR part 1910, *OSHA standards for general industry*.

1.1 Site Description

The Stehekin Site is located within Lake Chelan National Recreation Area in Chelan County, Washington, in North Cascades National Park. The town of Stehekin lies at the head of Lake Chelan, approximately 55 miles by boat from Chelan, Washington, and the area is accessible only by boat, plane, or hiking through extensive wilderness. The firing range is located at the end of a 300' access road diverging from the Stehekin Valley Road approximately 7.5 miles from the Stehekin Landing. The range is in a forested area on the extreme lower flank of Rainbow Mountain above McGregor Meadows. About 25 yards in length with four target boards, the shooting range is located in an old borrow pit. The target area, backed by a low soil berm or the foot of a cut bank to the north, is approximately 50'. Both the east and west sides of the firing range are contained by soil berms.

The Newhalem Site is located within Ross Lake National Recreation Area, in Whatcom County, Washington, in North Cascades National Park. The firing range is located approximately 2000 feet northwest of the Skagit River (at river mile 92) to the north of Washington State Route 20. The firing range is located in an opening in a densely forested area of the valley, off the dirt access road that cuts perpendicular to a power line and is closed to the public by a locked gate.

Site workers will be investigating the soil in and around the Sites. During the course of investigation, the potential exists for personnel to come into contact with firing range-

derived lead materials contained on the Sites. The Sites contain open meadows and forested areas.

1.2 Site Activities

This HASP is intended to address the risks associated with the EE/CA and associated investigatory activities that will take place at the Sites. During the course of Site activities, personnel will be required to visit the Site to perform sampling and associated activities. Personnel may also visit the Sites to survey and perform other miscellaneous tasks. Site activities may occur during the spring, summer and fall seasons. The procedures contained in this HASP are intended to protect those personnel from potential hazards while carrying out their duties, and provide them with information necessary in the event of an emergency.

2.0 PROJECT MANAGEMENT

Efficient implementation of this HASP requires that the roles, responsibilities and scope of authority for key personnel be identified. Individuals will be responsible the following positions:

2.1 Project Manager

The Project Manager is responsible for implementation of the EE/CA and compliance with the HASP. The Project Manager is Todd Leeds.

2.2 Health and Safety Manager

The Health and Safety Manager will have a thorough working knowledge of state and federal occupational safety and health regulations in addition to thorough knowledge and understanding of this HASP. The Health and Safety Manager will have the authority to temporarily suspend Site operations in order to ensure Site safety and resume normal operations once the appropriate measures have been taken. The Health and Safety Manager will report directly to the Project Manager. The Health and Safety Manager is Jim Fricke.

2.3 Site Manager

The Site Manager will be present during the majority of site activities and will be responsible for general Site operations, supervision and enforcement of this HASP. The Site Manager will report directly to the Health and Safety Manager. The Site Manager will be designated prior to on-site activities.

3.0 TRAINING

3.1 Off-Site Training

All full-time and part-time personnel must hold current certification of the Occupational Safety and Health Administration (OSHA) Hazardous Waste Operations and Emergency Response (HAZWOPER) 40-hour training. Short-duration personnel on-Site only occasionally for a specific limited task (such as, but not limited to, ground water monitoring, land surveying, or geophysical surveying) and who are unlikely to be exposed over permissible exposure limits and published exposure limits must hold current certification of OSHA HAZWOPER 24-hour training. Temporary visitors shall be escorted at all times by an experienced and trained Site Manager.

3.2 On-Site Training

An informational training program implemented by the Health and Safety Manager will cover on-Site training.

3.3 Health and Safety Meetings

During any Site activities the Site Health and Safety Manager or representative will hold daily tailgate meetings to discuss the day's activities and any related health and safety requirements. The meetings will provide time for a review of pertinent Site conditions and activities.

4.0 MEDICAL SURVEILLANCE

4.1 Medical Surveillance - General

Medical surveillance will be obtained if personnel:

- Receive, or may have received, a possible overexposure to on-Site contaminants;
- Sustain an injury requiring medical attention or hospitalization; or
- Experience an unexplained or serious illness.

5.0 HEALTH AND SAFETY PROTECTION

5.1 Substance Hazards

Metals are known to exist on the Site, and personnel should be briefed on exposure and health hazards. It is not anticipated that exposures to these substances will exceed OSHA's Permissible Exposure Limit (PEL). The following table lists the primary hazards associated with significant exposure to each substance.

Lead	Toxic on inhalation and ingestion.
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5.2 Safety Hazards

Investigation activities may expose field personnel to potential physical hazards including, but not limited to:

- Slip, trip, or fall hazards created by,
- Holes, ditches, uneven terrain, woody vegetation; and
- Water features; and
- Operation of hand excavation equipment.

5.3 Personal Protective Equipment - Site Investigation

The minimum level of protection used during any investigative activities is level D, requiring the following items:

- Boots;
- Safety glasses;
- Work gloves; and
- Sampling gloves.

5.4 Transportation

Personnel will follow all federal, state and NPS vehicular operation regulations while traveling to and conducting Site activities. Personnel will ensure that any rental equipment (car) is in safe operating condition prior to each day. Posted speed limits will be adhered to and seat belts will be worn during all operating modes of vehicles or equipment.

5.5 Logs and Reports

The Site Manager will maintain all records required by OSHA, Worker's Compensation Insurance and similar regulations. This will include the maintenance of accident logs, the OSHA annual summary report and the posting of all prescribed notices.

6.0 SITE CONTROL

Site control will be implemented as required during on-Site activities.

6.1 Sampling and Inspection

6.1.1 Work Zone

The work zone consists of the former firing-ranges and their immediate vicinity's. These areas will be restricted to appropriately trained personnel during sampling activities. Any non-approved personnel will immediately be escorted off-site. The boundaries of the

work zone will be established upon the initial site visit prior to commencement of investigative activities.

6.2 General Maintenance

Regular cleaning and maintenance is key to maintaining acceptable exposure levels for Site contaminants. Cleaning and maintenance will be required for all equipment and facilities used by on-Site as well as off-Site personnel.

6.3 Equipment Safety

Equipment will be limited to hand tools. All equipment will be maintained in good working condition.

6.4 Miscellaneous Site Safety Rules

Miscellaneous Site Safety Rules include the following:

- With the exception of routine monitoring not involving construction, a minimum of two personnel shall be on-site at all times;
- No misbehavior is permitted at any time;
- Vehicles used to transport personnel will have seats firmly secured and enough seats for the number of persons to be carried; and
- Seat belts and anchors meeting the requirements of 49 CFR part 571 (department of transportation, federal motor vehicle safety standards) will be installed in all motor vehicles.

7.0 DECONTAMINATION

7.1 Field Personnel

Decontamination procedures for field personnel shall be:

- Removal of gross contamination from clothing and boots prior to leaving the Site;
- Clean hands and face;
- Containment of clothing; and
- Launder clothing separately.

7.2 Equipment

The decontamination procedures for equipment contacting lead fragments shall be:

- Clean vehicles (inside and out) as needed prior to leaving the Site; and
- Sampling equipment and hand tools will be cleaned of gross contamination prior to leaving the Site.

8.0 EMERGENCY RESPONSE

Accidents or potentially hazardous conditions will be handled in a manner that minimizes the health risk to personnel. Accidents and hazardous conditions will be reported to the Site Safety Officer. Prior to start-up of the project, communication procedures will be established that will ensure emergency services are summoned in a timely manner.

8.1 Emergency Routes to Hospitals

The route to local medical facilities is shown in Figures 1 (Stehekin) and Figure 2 (Newhalem) and emergency contacts with phone numbers are listed in Appendix A.

Note that the Stehekin Route to the Chelan Community Hospital starts at the terminus of the Lady of the Lake Ferry Service at the south end of Lake Chelan. Any medical emergency that occurs in Stehekin will typically involve NPS boat transportation from Stehekin Landing to Field's Point Landing, where an ambulance from the Chelan Community Hospital will meet the park boat.

8.2 Response Procedures

All personnel will be trained in general emergency procedures. Prior to beginning any work, personnel will be required to review the emergency procedures of this HASP and ensure that all necessary equipment is ready for use in the event of an emergency. Visitors to the Site should also be briefed on these procedures.

Common forms of emergency include, but are not limited to fires, explosions, spills, sudden changes in weather and personal illness or injury. The following emergency response procedures have been developed to help ensure a timely and efficient response to emergency situations that may arise.

8.2.1 Major and Minor Personal Injury

If field personnel are injured, the incident scene will be evaluated for immediate hazards and actions taken to eliminate those hazards. Once the incident scene is safe, the "Senior Official" will make an evaluation of the injured person. Seriously injured personnel should not be moved unless their life is in immediate danger and until a person trained in first-aid and CPR has made an assessment.

If the victim is conscious, first-aid may only be administered with the injured person's permission. If the victim is unconscious or unable to respond, then no permission is required to provide standard first aid. If no outside emergency services are needed, the "Senior Official" will arrange for the injured person to be transported to a medical facility.

If it is determined that emergency medical services are needed, the emergency services listed in Appendix A will be contacted as soon as possible. Calling for help is often the

most important action to be taken. If you are the only person with the injured employee and urgent care is needed, provide initial critical care and then contact the outside emergency services. Return to care for the victim as soon as possible.

First-aid or other appropriate actions can be administered by the initial “Senior Official” or by the victim. For injuries requiring medical treatment such as a laceration requiring stitches or a sprained ankle, the “Senior Official” shall arrange transportation to the emergency facility as noted in Figures 1 and 2. For major injuries, the “Senior Official” may administer first-aid. The “Senior Official” rendering assistance will not place themselves in a situation of unacceptable risk.

8.3.2 Fire or Explosion

In the event of a fire or explosion, the local fire department and the NPS will be notified immediately. The “Senior Official” will notify emergency services, inform them of the location and nature of the fire and identify any hazardous materials on-Site.

During the beginning stages, the closest person to the incident will take measures to extinguish the fire using a fire extinguisher or water hose. If the fire progresses beyond the beginning stages, the “Senior Official ” will evacuate workers and any other occupants of the property from the immediate area and allow local fire officials to handle the situation.

8.4 Notification and Documentation Procedures

As soon as practical following an accident/incident, the accident/incident will be documented using the appropriate report forms and the Site Safety Officer will be notified. The accident/incident shall also be reported to the NPS Contracting Officer.

8.5 On-Site Emergency Equipment

The following emergency equipment will be maintained at all work sites:

- Cellular Telephone (note: may not work at Site)
- National Park Service Radio; and
- First-aid kit.

Appendix A – General Emergency Contact Phone Numbers

Organization -----	Telephone
Any Emergency	911
Ambulance:	911
Local Police (NPS):	911
Fire:	911
Stehekin Hospital (Chelan Hospital)	(509) 682-3300
Newhalem Hospital (United General Hospital, Sedro Woolley, Washington)	(360) 856-6021
Poison Control Center:	800-732-6985
Regional EPA:	800-424-4372
Washington Emergency Management Division	800-258-5990
National Response Center:	800-424-8802
Center for Disease Control:	404-639-3311
Chemtrec:	800-262-8200
Spill Center:	978-897-6461
DOE Emergency Operations Center (National Center):	202-586-5000

Site-Specific Emergency Contact Phone Numbers – Stehekin

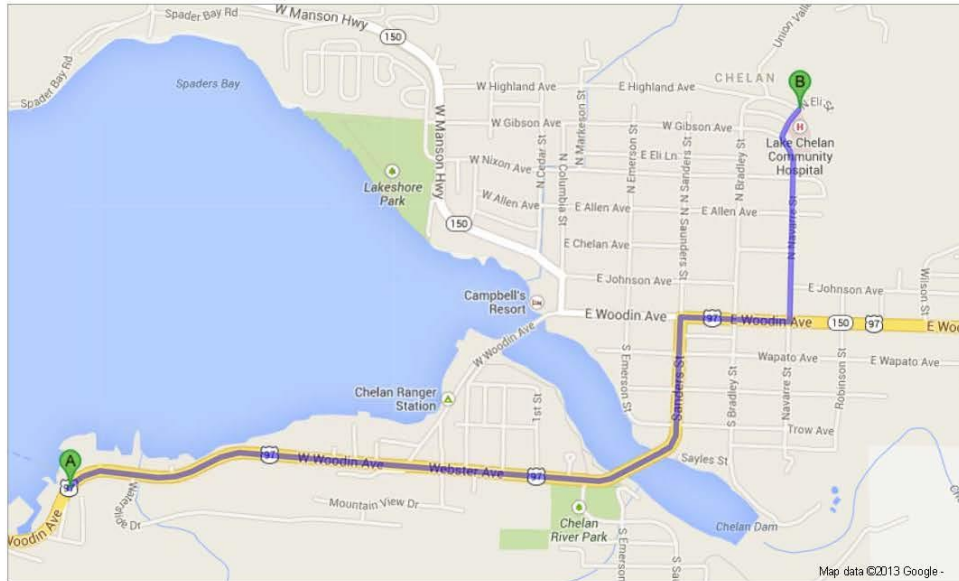
- Stehekin Rangers: Andy Craig (radio call #351) and Doug Tangen (radio call #353)
- COR: Kerri Cook, (360) 854-7280 (radio call #210 Cook)
- CO: Barry Fetzer, (360) 854-7219
- Golden West Visitor Center front desk: (360) 854-7365 x14
- North Cascades National Park Communication Center: (360) 854-7249 (radio call # "Comm Center")
- Lake Chelan Community Hospital, E. Highland Drive, Chelan, WA (509) 682-2531

Site-Specific Emergency Contact Phone Numbers – Newhalem

- 911 – The area is covered by at least Verizon cell coverage
- COR: Kerri Cook, (360) 854-7280 (radio call #210 Cook)
- United General Hospital in Sedro-Woolley, WA, (360) 856-6021



To see all the details that are visible on the screen, use the "Print" link next to the map.



Driving directions to Lake Chelan Community Hospital

(509) 682-3300

3D



Lake Chelan Boat Co

1418 W Woodin Ave
Chelan, WA 98816

(509) 682-2399

1. Head **northeast** on **W Woodin Ave** toward **Waterslide Dr** 0.6 mi
2. Continue onto **Webster Ave** 0.5 mi
3. Continue onto **Sanders St** 0.2 mi
4. Turn right onto **E Woodin Ave** 0.2 mi
5. Take the 2nd left onto **N Navarre St** 0.3 mi
6. Turn right onto **N Eli St** 305 ft



Lake Chelan Community Hospital

503 E Highland Ave
Chelan, WA 98816

(509) 682-3300

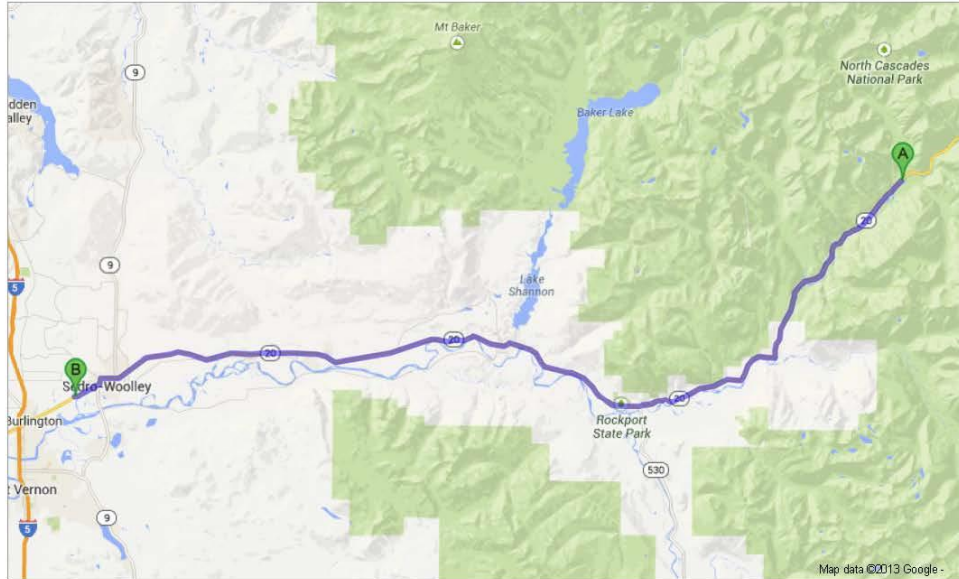
These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.

Map data ©2013 Google

Figure 1



To see all the details that are visible on the screen, use the "Print" link next to the map.



Driving directions to Hospital Dr, Sedro-Woolley, WA 98284

3D



State Route 20 W/WA-20 W/N Cascades Hwy

1. Head **southwest** on **State Route 20 W/WA-20 W/N Cascades Hwy** toward **Thornton Lakes Rd**

Continue to follow State Route 20 W/WA-20 W

53.4 mi

2. At the traffic circle, continue straight onto **W Moore St**

0.1 mi

3. Continue onto **State Route 20 W/WA-20 W/Bingham St/Borseth St/Cascade Hwy**

Continue to follow State Route 20 W/WA-20 W/Cascade Hwy

1.9 mi

4. Turn right onto **Hospital Dr**

361 ft



Hospital Dr

Sedro-Woolley, WA 98284

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.

Map data ©2013 Google

Figure 2